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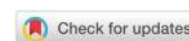
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On The Question of A Human's Personality Resources in a Changing World: Volitional Control, Trust, Anxiety

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Abstract: The article attempts to describe the features of a person's volitional regulation regarding the aspect of the implementation and realization of his intention in action in a challenging situation of the modern world: complexity, uncertainty, stress. The approaches to the study of will in psychology and philosophy have been analyzed. The role of trust in the implementation of a person's choice and the realization of intention in action has been shown. The following empirical methods were used: the psychometric technique "Self-confidence" by T.P. Skripkina, the Scale of interpersonal trust by J. Rotter in the adaptation of S.G. Dostovalov, the methodology of "Life orientations, SOHO" D. A. Leontiev, express diagnostics of propensity to unmotivated anxiety (V.V. Boyko), "Control in action" by Yu. Kull in S.A. Shapkin's adaptation. According to the results of our study, we can conclude that there are differences in the realization of the intention to act, depending on the different ratio of the level of trust in oneself and in the world. Self-trust can be a component and an important resource of self-regulation.

Keywords: self-regulation, volitional control, trust, trusting relationships, anxiety.

Introduction

The issue of volitional regulation and the mechanisms of volitional action is one of the central problems for psychology. The complexity of the experimental study of the will as well as methodological discussions about the nature of volitional behavior actualize the formulation of new research tasks and place the need to study the will, the implementation of actions and the implementation of human choice in a separate significant layer of research. Instability and complexity of the world, on the one hand, creates conditions for the development of anxiety, a number of other negative states; on the other hand, today we can observe a situation of developing new opportunities and new psychological resources of the volitional process. Being associated with a special cognitive practice, the situation of uncertainty allows, in the absence of specified algorithms, to experience a new experience, to see and rethink reality in a new way, to form a new culture of experiences through an emotional attitude to phenomena and objects of reality, to structure a new picture of the World and oneself in it. Self-regulation in this case unfolds not on an intellectual, but rather on a personal and semantic level. Moreover, the removal of uncertainty becomes a more significant goal in decision-making than the realization of choice (Kornilova, 2014). Thus, in situations where intellectual orientation is difficult (which is typical of the modern world challenges), a decisive role is assigned to personal effort, that unfolds at the level of volitional action. In existential psychology and philosophy this phenomenon is described in terms of resilience, existential courage (Maadi, 2004); courage (Tillich, 1995; Kierkegaard, 1993), effort in time (Mamardashvili, 2018), etc.

Moreover, speaking about the psychological resources of self-regulation (resilience Maadi, 2004), willingness to take risks, flexibility, orientation to action/state (Kuhl, 2000), we should understand that the shortage of resources is no less important. In one of his articles D.A. Leontiev designated such resources as universal, "based on the system restructuring connections in interaction with the world and thereby capable of turning into advantages even what at first glance looks like an obvious disadvantage." (Leontiev, 2016). So, the situation of trauma, despair, deprivation of opportunities and high stress – all this

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can turn out to be a resource for growth and “mobilize a person to change the structure and compensatory increase in the quality of self-regulation of their life activity.” (Leontiev, 2016). Therefore, the modern world can also act as a mobilization factor, and in this regard, it is vital not only to study what obviously increases the resources of self-regulation, but also to talk about those obstacles that make us grow.

The modern world challenges (informational, stressful, uncertain) are increasingly actualizing a person's personality resources – goal setting and meanings search as a vector of movement, the possibility of free action and taking responsibility for one's own choice, the effects of understanding and resistance to manipulation. Turning to psychological researchers and philosophical views on the nature of thinking, we underline that it is the act of thought that sets the possibility for free action; gives rise to a new experience situation and, via the extraction of meaning, opens up new opportunities for changing the movement trajectory. The act of understanding is always a “shift of consciousness” and, in the view of ancient and modern philosophers, it is “switching to a structure where meaning is extracted once and for all and further (Mamardashvili, 1999). The act of thought is the comprehension of continuity, “extracting meaning and making decisions.” (Mamardashvili, 1999). It is the aspect that M.K. Mamardashvili reflects on the “bad infinity” we fall into without being able to extract meaning from our own experience. In a situation of instability of the world, unpredictability of life processes and events, a person more often faces the need to develop personal resources to cope with information overload, compression and the speed of change. Thus, the experience of slowing down and focusing attention, accepting events and recognizing symbols, trust and dealing with anxiety creates a powerful resource for the realization of intentions and the expansion of his life experience.

In our opinion, trust as the most important socio-psychological phenomenon, is one of the mechanisms of regulating human activity and can also influence the mechanisms of volitional action, manifesting itself at the level of different ratios of self-confidence and trust in the world and thereby regulating the implementation of humans' actions and the implementation of their intentions in different ways. Our research is aimed at studying the features of volitional regulation (in this case, we understand volitional regulation as the retention of intent in action) and describing the differences in the implementation of actions depending on different types of trust relationships.

Despite the terminological ambiguity of the concept of will, as well as the complexity of the empirical study of this phenomenon in the view of philosophers and psychologists, will is primarily “a reasonable action accepted for execution, but insufficiently motivationally secured” (Aristotle); it is a concept that has become an affect (L.S. Vygotsky); a psychic force that transforms understanding and knowledge into action; a kind of bridge between desire and action (I. Yalom); the psychic organ of the future (Arendt); the ability to spontaneously begin a series of sequential actions, and finally, will is the decisive factor in the transfer of equilibrium into states of change; the act occurring between insight and action and experienced as an effort or determination (Velis); acceptance of responsibility as opposed to awareness of responsibility; the ability to make and embody choices; power consisting of energy and desire. Thus, the will expresses determination and commitment; directs us into the future, creates new opportunities in finding ourselves.

In the psychological tradition all theories of will can be conditionally divided into three approaches. The first one is motivational: will is considered through motivation and affects, aspirations, desires, determining actions become the subject of study. Motivational will theories also include D. N. Uznadze's views. He emphasized that the basis of volitional action is an attitude that controls the decision-making process and is formed in the process of imagination or thinking. In the theories of free choice the will is an independent force that mostly determines all other mental processes functioning. The same tradition is widely represented in philosophy. For instance, we find the idea of free will in I. Kant's reflections on the freedom of action. The will becomes free when it obeys its inner imperative, the inner law which determines the boundaries of volitional action. In psychological research the theory of free choice is also reflected in the P. Ya. Galperin's works: (will as a way of making a conscious decision in a situation of moral choice and volitional actions as a special type of mental actions requiring internal effort, in the concept of A. N. Leontiev (as characteristics of volitional actions, the author of the concept identifies: arbitrariness, the presence of choice, decision-making, overcoming obstacles (Leontiev, 2000)). Thus, within the framework of the approach the will of free choice is represented either as an autonomous unit or as one of the significant functions of cognitive processes.

The second concept suggested by Y. Kul's will is the basis for the construction and implementation of our research task. It is also close to the approach described above. In Yu. Kull's view, volitional regulation initially implies some difficulties in the implementation of personal intentions and is reflected at the level of retaining intentions in action. Reflecting on the obstacles in the realization of the intention and the implementation of the action, Yu. Kull introduces two basic concepts: state orientation (susceptibility

to the formation of inferior intentions, excessive concentration on thoughts about the experiences of their states resulting in difficulties with the action itself) and action orientation (the transition from intention to action occurs involuntarily). The author identifies the mechanisms that provide control in action: emotional (emotions regulation and thus the action continuation when face an obstacle), motivational (motivation support and intent actualization in achieving the goal); attention control is the most important mechanism manifested as focusing on information that is significant for the intent realization and distraction from interfering factors; perceptual control, failure control and behavioral control.

And finally, the third one – regulatory approach – is represented by the research of I.M. Sechenov, M.Ya. Basov, L.S. Vygotsky. In this approach the emphasis is shifted from the study of the will as a situation of generating special actions to the area of “mastering oneself” and one’s behavior. Within the framework of this very approach the problem of self-regulation arises as a private area of will research. Regardless of the difference in concepts, the volitional process includes: the motivational side as an incentive to action and setting a goal, motivational conflict and the problem of internal choice, decision-making based on the personal meaning of the action, expressed in intention and the action implementation (committing an act). At this exact stage volitional regulation acts as control over the execution of an action, and in a situation of obstacles – as a continuation of the action when meeting them.

Materials and Methods

The purpose of the study is to analyze the possibilities of volitional regulation in the situation of modern word challenges and to identify differences in the implementation of intentions in action, depending on different types of trusting relationships. As a working hypothesis we put forward a few points. Firstly, the assumption that the trusting relationships system is interconnected with the peculiarities of implementing implementation in action. Secondly, the suggestion that there are differences in the implementation of intentions among respondents with different types of trusting relationships. 210 people of 27-55 years old participated in the study: 28% were men, 72% – women. The research methods were focused on the study of the individuals’ features of the volitional regulation at various stages of the action implementation, highlighted by Yu. Kull. Distinguishing between action orientation (transition from intention to action) and state orientation (delay in the motivational phase), the author captures personality traits operationalized to three different situations. Firstly, orientation to active action versus orientation to reflection in a situation of failure, the ability to flexibly switch from one situation to another, the ability to dive deeply into the implementation selected activities while being distracted from others, in the realization of the intention to act (“Scale of control over action” by Yu. Kull, adaptation by S.A. Shapkin). Secondly, the severity of anxiety as an indicator of emotional state (express diagnostics of the propensity to unmotivated anxiety V.V. Boyko). Thirdly, trust in oneself and others and the study of the trusting relationships system (methodology for the study of interpersonal trust J.V. Boyko). Rotter’s “Interpersonal Trust Scale”, ITS, adapted by S.A.Dostovalov; psychometric technique “Self-confidence” by T.P. Skripkina). Fourthly, meaning of life orientations: the subject’s experience of the meaningfulness of his own life as an integral adaptation indicator and psychological well-being, including such components as satisfaction with the process of life and the result of self-realization in the past, the presence of clear goals and readiness for their implementation (methodology “Meaning of Life orientations”, SOHO, D.A. Leontiev).

Results

At the first stage of the study, the system of trusting relationships among respondents (self-confidence and trust in the world) was studied and the groups of trusting relationships were identified depending on the severity of self-confidence and trust in the world.

Table 1

Distribution of the sample by the severity of self-confidence and trust in the world. Groups of trust relationships

Group	Trust Level	% of the respondents
A	average self-trust level and the level of trust in the World	20
B	self-trust level is higher than the level of trust in the World	53
C	the self-trust level is lower than the level of trust in the World	10
D	high self-trust level and the level of trust in the World	16
E	low self-trust level and the level of trust in the World	0

These techniques allowed us to assess the severity level of two parameters – the level of self-trust, which ranges from high to low – and the trust level in others (in the World). As can be seen from the table, the most numerous group turned out to be group “B” – the self-trust level is higher than the trust level in the World. In our opinion, this result correlates with the idea of a transitive World, the person's need and often their ability to find support mainly relying on themselves. Based on theoretical propositions about the essence of trust presented research on the trust system relations (Skripkina and Selezneva, 2014; Dostovalov, 2013), we proceeded from the fact that the balance of trusting attitudes allows a person to exercise activity more fully.

For the subsequent analysis of the trusting relationships group (“A” the average level of self-trust and the average trust level in the World and “D” the high self-trust level and the high trust level in the World), where the balance of trusting attitudes was recorded, we combined into one group – group “A” the harmonious ratio of the trust level to oneself and to the World.”

Further in the text:

Group “A” is a harmonious ratio of the self-trust level and the level of trust in the World.

Group “B” – the self-trust level is higher than the level of trust in the World.

Group “C” – the self-trust level is lower than the level of trust in the World.

At the next stage of the study, based on the tasks set, we analyzed the features of life-meaning orientations in each of the three groups, as well as the features of the implementing intention in action.

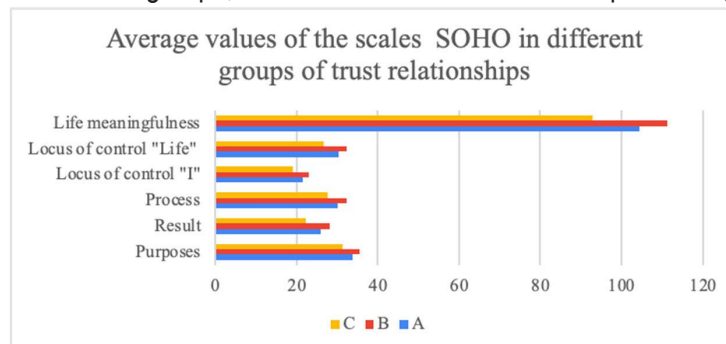


Figure 1. Symbols: A – a harmonious system of trusting relationships; B – self-trust is higher than trust in the world, C -self-trust is lower than trust in the World.

The obtained results suggest that self-trust is one of the conditions for a person's ability to build a life perspective, perceive life as a value and fill it with meaning. As can be seen from the graph, the respondents in group “B” are more inclined to perceive themselves as having freedom of choice and being able to control their lives (scale “locus of control life (32,4); locus of control I (23)). On the contrary, in group “C” (self-trust is lower than trust in the World). The decrease in these indicators shows that, perhaps, excessive trust in the World limits, narrows the scope of what is possible for a person, thereby causing difficulties in setting goals, in feeling able to change the current life situation. It is interesting to note that in the harmonious group of trusting relationships there is also a decrease in values on all scales

of the SOE (in comparison with group "B").

Table 2

The results of comparing the average values of the CSR scales of respondents with different types of trust relationships. Variance analysis table

The Variable	F (df:2;200)	p	ω^2	Lower bound 95% CI	Upper bound 95% CI
Purposes	4,09	0,018	0,03	0	0,08
Process	5,93	0,003	0,05	0,003	0,11
Result	11,6	<0,001	0,09	0,03	0,17
Locus of control «I»	7,38	0,001	0,06	0,01	0,13
Locus of control «Life»	6,04	0,003	0,05	0,004	0,11
Life meaningfulness	8,87	<0,001	0,07	0,01	0,15

We conducted a one-factor analysis of variance (ANOVA) of differences between subjects with various types of trust relationships according to the scales of the SOE methodology. The values of Fischer's statistical F-test and its significance level, as well as indicators of the magnitude of the ω^2 effect (omega-squared) and their 95% confidence intervals are shown in the table (the values are rounded to 2-3 decimal places). The differences on all scales are statistically significant, while the magnitude of the effect on the scales "Goals", "Process" and "Locus of control – life" is small, and on the scales "Result", "Locus of control – I" and the overall indicator is average (according to Mangiafico, 2016; Ben-Shachar Lüdecke and Makowski, 2020).

At the final stage of the study we analyzed respondents with different types of trusting relationships and their features of the realization of intention in action.

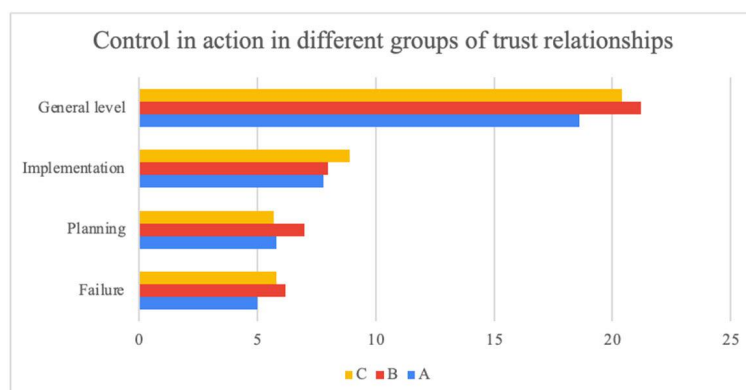


Figure 2. Symbols: A – a harmonious system of trusting relationships; B – self-trust is higher than trust in the World, C -self-trust is lower than trust in the World

As can be seen from the graph, in group "A" a harmonious system of trust relations, the values on the scales of the "Control in action" methodology are reduced, and the orientation to the state is expressed on the "Failure" scale (5) and on the "Planning" scale (5,8). Whereas in case of a violation of the trust attitudes balance (group "B" and group "C") we observe differences in the implementation of intention in action (differences are significant at the level of $p=0.014$ at $p<0.05$ according to the Mann-Whitney U-criterion). It should be noted that for group "C" (self-trust is lower than trust in the World) there is a tendency to focus on the state in the situation of setting goals and gradually moving towards them (the "Planning" scale (5,7) and in the ability to focus on the goal in stressful conditions, overcoming anxiety (the "Failure" scale – 5,8). In group "B" (self-trust is higher than trust in the World), on the contrary, we observe high values on the scales of "Failure" (6,2), "Planning" (7), "OU" (21.2) with an action orientation. Thus, the cognitive and affective component of self-control in this group is the better formed and, unlike state orientation, assumes overall high abilities to plan and focus on goals without anxiety, as well as flexible choice of strategies in a situation of unfavorable conditions that complicate the action.

Therefore, self-trust can become a powerful condition that allows a person to act in an unpredictable, rapidly changing world. When there is no support in the outside world due to its unpredictability and uncertainty a person with a "fatalistic attitude" may form obstacles in implementing intention in action – a

delay in the motivational phase with a focus on reflection in a situation of failure and planning, as opposed to orientation to action (transition from intention to action). It can be assumed that self-trust (as a certain sensitivity to desires, experiences, needs) provides control in action: at the emotion regulation level, maintaining motivation in the state necessary for action, attention control, failure control and, to a lesser extent (in comparison with other types of trusting relationships) contributes to the formation of inferior intentions (excessive concentration on thoughts about the experiences of their states, as a result of which the action itself is difficult).

Let us consider the results of correlation analysis.

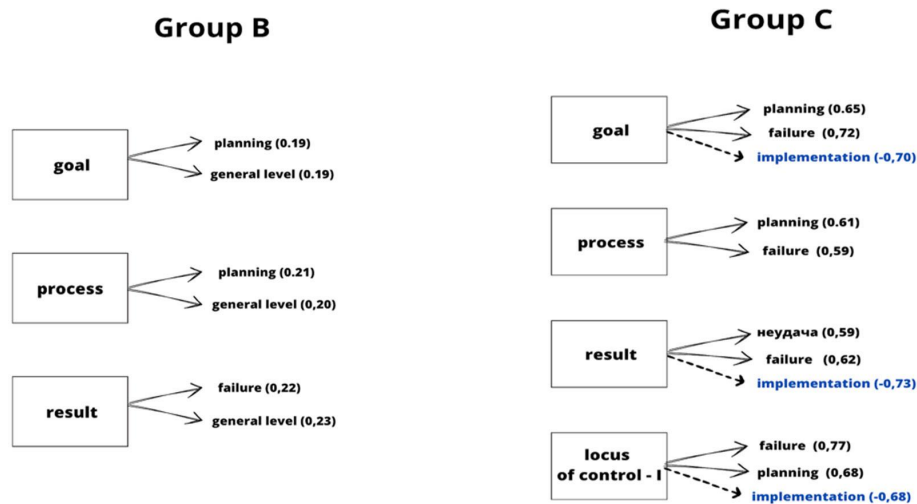


Figure 3. Results of correlation analysis (scales of the SOE methodology (D.A. Leontiev) and "Control in action" (Yu. Kull)

Symbols: B – self-trust is higher than trust in the world, C -self-trust is lower than trust in the world
The results of the correlation analysis allowed us to formulate the following conclusions:

In group "B" (self-trust is higher than trust in the world):

- positive connections are noted between the scales of the "Result" method and the scales of the "Control in action" Failure" method (0.22) The overall level (0.23). Speaking of this type of trust relationship, it should be noted that the more a person is able to evaluate their life as productive, the more they are ready to act in case of failures, overcoming anxiety and the higher the overall level of control in action is;
- positive relationships between the "Process" scale and the "Planning" scale (0.21); Overall level (0.2). This connection is quite interesting and reflects our general idea – the more a person is involved in their life and perceives it as emotionally saturated and filled with meaning, the more they will be ready to set new goals and move towards them, anticipate difficulties, and generally realize intentions in action;
- negative connections were found between the anxiety scale (V.V. Boyko's express diagnosis; the scale of propensity to unmotivated anxiety) and the scales "Failure" (-0.33), Realization (- 0,19), General level (-0.35). Thus, the higher the anxiety level, the less a person is capable of realizing the intention of action. Considering that these connections are common for the respondents in group "B" (self-trust is higher than trust in the World), it can be assumed that trust in the World provides contact with the World and creates the basis for safe activity in it. With a marked decrease in confidence in the World, the higher the propensity to experience anxiety in a person, the more this situation can lead to changes in the level of realization of intention in action for people, making it difficult to implement it. Recall that anxiety is a phenomenon that hides interest in an object and involvement as an emotional experience. The source of anxiety always consists in avoiding experience (past, current, future) and in this sense (with a high level of self-trust), because of anxiety, obstacles may arise in the way of implementing an action;

In group "B" (self-trust is lower than trust in the World):

- If the balance of trusting attitudes is disturbed in the direction of reducing the self-trust level, changes in the level of implementation of intentions in action may be observed, making motivational, emotional and behavioral control more difficult. This is evidenced by a large number of negative connections between the SOE scales and the "Implementation" scale of the "Control in Action" methodology. Goals and implementation (-0.70); Result and implementation (-0.71), Locus of control I and implementation (-0.68). For this reason, in case of disharmony of trusting attitudes (towards increasing the level of trust in the World and reducing self-trust), a person may have difficulties in realizing intentions in action, delaying

action in the motivational phase even if he or she is capable of experiencing the meaningfulness of life, is satisfied with the process of life and the results of self-realization, having clear goals.

Thus, we see variations in the identified relationships in different (based on the severity of self-trust and trust in the World) groups of trusting relationships. Self-trust actually creates the basis when value-semantic resources (meaningfulness of life, life satisfaction) begin to act as a support and give the subject self-confidence and the right to be active and make decisions).

Discussions

Thus, according to the results of our research, it was shown that the implementing intention in action (volitional control) can be interconnected with expressed confidence attitudes. Moreover, that exactly self-trust that mostly determines a person's willingness to act. In our opinion, this is the point of sensitivity to oneself that creates the basis for volitional action through the integration and processing of one's own emotional experiences, a more subtle awareness of one's needs and coordination with goals considered personally significant. In this case, trusting oneself, a person is more able to integrate contradictory feelings, accept their own contradictory experience as part of a single reality related to values, internal imperatives, meanings.

Another important conclusion that we made based on the results of the study concerns the function, the essence of a harmonious and disharmonious trusting relationships system. In a number of studies (Skripkina and Selezneva, 2014; Dostovalov, 2013), regarding various phenomena not directly related to volitional regulation, there was the thesis that the harmony of trusting attitudes sets a more complete way of human existence in the world. Indeed, trust as a phenomenon that allows a person to take a certain value position in relation to themselves and the world and, based on it, to build a life strategy largely determines the choice of a particular behavior model. Using the example of these studies, we proved that the trust predominance in the world underlies adaptive forms of behavior, the self-trust predominance is the basis of non-adaptive activity forms associated with risk and creative activity. In a situation of balance between self-trust and trust in the World a person finds themselves in a more harmonious situation and the balance of trust in the World and in themselves gives an opportunity to a fuller self-expression in the world. The present study shows that in a situation of a violation of the balance between trusting attitudes a person is more ready to realize their intentions. This is quite an interesting moment that allows, on the one hand, to take a fresh glance at the trust category, on the other hand, to raise even more questions and outline new research tasks in the study of the relationship between trust and free action.

Turning to modern foreign research in the field of will, it should be noted that most of them were carried out within the framework of research and study of the brain (Slors, 2019; Liljenstrom, 2021), while there are practically no completed studies on the relationship between trust and volitional regulation. Foreign studies are more focused on the exploring will in the aspect of studying decision-making and actions based on brain potentials. These studies are also focused on highlighting important aspects creating the conscious and unconscious in making volitional choices and concretizing the very concept of volitional regulation as irreducible only to motivation or to cognitive mechanisms, presenting an independent construct that is interconnected with personal, cultural, cognitive differences (Slors, 2019).

However, an interesting study by Jumana Yahua, who attempted to describe the factors influencing self-Control and suggested that self-control as the ability to regulate one's thoughts, emotions and behavior in order to achieve a certain goal (goals), especially in the presence of motivational counteraction, depended on three situational factors: bodily condition (muscle tone), signals of the surrounding world (soothing or alarming) and social trust (Yahua, 2021). Despite some differences in conclusions, this study is quite alluring for us. Thus, the author proves in a number of experiments that successful self-control is significantly increased in the case of muscle tension and a special bodily state (when, instead of modulating the cognitive state, which then mediates the success or failure of self-control, the bodily state has an unconscious and direct effect on self-control and is "inherently associated with strengthening or calling for willpower". This is the first situational factor. Social trust is the second factor that improves self-control indicators. And here a fairly simple explanation is expressed by Jumana Yahua: the situation related to the safety and reliability of objects (in other words, the situation of trust in someone or something) positively affects our ability to self-regulation in achieving goals when we also have to overcome obstacles.

Despite the controversial aspects of the presented judgments and some disagreements with the author, this study is of great interest to us and shifts the emphasis in the field of will studies to the plane of situational cognition, which in terms of the prospects for the study of volitional regulation, in our opinion, creates great opportunities and a research interest.

Conclusions

The challenges of our time are primarily existential, covering issues of free will, responsibility, personal decision, and human choice. Following V.A. Ivannikov, we note that “the ability to Choose taking into account the consequences “for Other equals” and taking responsibility for their own decisions” characterizes a Person as an individuality (Ivannikov, 2016). Awareness and decision-making in a situation of Choice, taking responsibility for the consequences of one's decisions, committing an act and, finally, choosing one's way of life forms a picture of the Personality and subsequently leads to the formulation of a task that is possible only for a Person – the task of changing oneself. This level of personal self-regulation cannot be considered outside of the question of a person regulating their intentions and his actions. As already noted earlier, the aspect of action regulation presented in the “Rubicon model” by H. Heckhausen, Yu. Kulya is primarily associated with a certain subject's attitude to risk taking uncertainty. In a decision-making situation the moment when intention transits to the action implementation can often be associated with an act of internal responsibility acceptance for it. However, as we have seen, there are differences in determination and willingness to accept this responsibility, which depends on the severity of trust in the world and in oneself. This severity will determine a person's attitude to uncertainty. Revealing the resources of self-regulation, D.A. Leontiev in addition to sustainability resources (features of the value-semantic sphere), motivational, instrumental and psychological resources (causal orientations, locus of control, orientation to action/state, self-efficacy, tolerance to uncertainty, risk tolerance, self-dependence, reflection, time perspective parameters, etc.) allocates so-called universal self-regulation resources, the function of which is to compensate the lack of sustainability resources in extreme life circumstances (Leontiev, 2016). These resources, which allegedly limit the subject's capabilities, often become a resource for growth. Thus, the author formulates a general existential law: the scarcity of any resource increases the efficiency of its use (Leontiev, 2016).

The loss of stability today is a factor that leads a person to a crisis and, therefore, to action. These are the same universal resources D.A. Leontiev wrote about – resources that reflect the lack of opportunities and thereby increase the strength of the action potential. Analyzing the results, we saw what a significant proportion of respondents demonstrate a high level of self-trust, which causes the action. Acting with a clearly expressed trust in the world, feeling its security and the possibility of control, is becoming almost impossible today. The world leaves no choice and its complexity, unpredictability and sometimes unbearability creates the basis for free action only when you can rely on something inside yourself. This attitude (trust in the world as opposed to self-trust, the illusion of controlling the world) is increasingly changing to a desire of taking risks, to the perceiving the failures not as a factor reducing the ability to act, but rather as an experience needed to extract meaning from and shifting the trajectory of movement. This is a special state of “sensitivity to the impossible” that allows a person to be “mobile in a mobile environment” (Asmolov, 2018).

In our opinion, self-regulation resources can be supplemented with self-trust as the basis of self-regulation. This thesis in no way detracts from the importance of the opposite attitude (trust in the world), which forms the human activity basis. Of course, a person does not explore themselves in their deficits, they learn about their capabilities from the information that comes from the World and this also allows a person to design goals, correlate their needs, etc. However, the measure, the ratio of trusting attitudes means a lot for self-regulation. Our study convincingly proves that self-trust is exactly the thing that allows you to create support and move in the chosen direction.

The idea of a multidimensional space of life, a multidimensional psychological reality that has a value-semantic dimension, the idea of self-organization as the ability to complicate elements and arrange structures (Klochko and Klochko, 2015) turns us back to a Person, to their emotions, meanings as “guides to the consciousness of those objects that correspond to the current state of a person” and creates the basis for action (Klochko and Klochko, 2015). Thanks to the semantic dimension, the World is capable of expansion, but also of collapse, “compression, when external regulations limit the space of free movement.” Perhaps it is self-trust as a source of a certain measure of self-sensitivity, reflecting a willingness to work with emotions (including negative ones, but which also carry information about meanings and are in many ways the sources of our movement) that lies (paradoxically) at the heart of readiness for changing and at the heart of efforts to retain and implement goals. Where there is a sense, there will inevitably be a feeling, wrote V.P. Zinchenko (Zinchenko, 2007). And trust, as an irrational attitude in many ways, is also primarily a feeling. Often, when talking about volitional regulation, we think about the unity of “thinking and acting”, making a meaningful decision which leads to free action. Undoubtedly, it is vital to take this into account when studying volitional action. However, less often they talk about the feeling, about the emotions that underlie any action. Through the awareness of desires as special experiences, the intention

acquires meaning and significance; and at the stage of the volitional process (as the retention of intention in action), in conditions of involvement and high sensitivity to oneself, these conscious desires acquire the character of active intentions that guide a person's activity and form an action plan. Finally, decision-making and action takes us to the plane of interaction with the world in terms of taking responsibility for the consequences and results of our decisions. Thus, the intentionality itself (as a special position in relation to something) presented at the level of trust creates a powerful resource in the intentions realization and the committing a conscious act by a person.

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Conflict of interests

The authors declare no conflict of interest.

Author Contributions

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